

K-12

# GRAB

# 'N

# GO

Make 'em  
a meal!

On-the-go  
ideas from  
Chef Heather!



# IDEAS FOR SERVING EXCITING GRAB 'N GO MEALS THIS SCHOOL YEAR!

Offering grab-and-go meals is essential for K-12 foodservice operators, enabling busy students to quickly access nutritious meals that prepare them for their upcoming activities. Not only is grab 'n go meals easy to serve, but it also increases participation. We are here to help make grab 'n go exciting for your students.



*Cafeteria, classroom  
or curbside!*

We've put together a handful of tasty ideas thanks to our very own Chef Heather. These meals are meant to be interchangeable so they can fit your exact feeding needs.

*Let's get started!*



# Trail Mix Tray



**Honey Cheerios™**  
(2 oz. equivalent grain)



**Pillsbury™ Maple Madness™ Mini Waffles**  
(2 oz. equivalent grain)

OUNCE  
EQUIV.  
GRAIN



MEAT  
ALTERNATE



FRUIT &  
VEGGIES



MILK



**Yoplait® Smooth Vanilla 4 oz.**  
(1 meat alternate)

Also comes in  
**Red Raspberry**



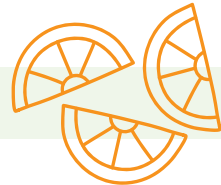
**Sunflower Seeds**  
(1 meat alternate)



**Dried Cranberries**  
(¼ cup fruit)



**Fruit juice**  
(½ cup fruit)



**Orange wedges**  
(½ cup fruit)



**Milk**  
(1 cup)



**Milk**  
(1 cup)

Also  
available  
in **Blueberry  
Bash** flavor!

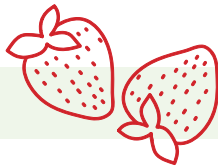
# Berry Yogurt Bowl



**2 Pillsbury™ Blueberry Muffin Tops**  
(2 oz. equivalent grain)



**ParfaitPro® Reduced Sugar  
Vanilla 8 oz.**  
(2 meat alternate)



**Strawberries**  
(1 cup fruit)



**Milk**  
(1 cup)

# Cinnamon-y Snack

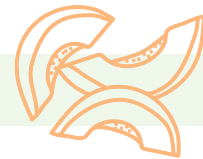


**Pillsbury™ Freezer-to-Oven  
Whole Grain Cinnamon Roll**  
(2 oz. equivalent grain)



Also comes in  
**Peach**

**Yoplait® Smooth  
Vanilla 4 oz.**  
(1 meat alternate)



**Peaches**  
(½ cup fruit)



**Milk**  
(1 cup)

GRAIN



MEAT  
ALTERNATE



FRUIT &  
VEGGIES



MILK

# Blenderless Brunch



**Pillsbury™ Cinnamon Toast Crunch™ Mini French Toast**  
(2 oz. equivalent grain)



**Sausage links**  
(1 meat alternate)

**Vanilla ParfaitPro®**  
(1 meat alternate)



**Blenderless Apple Pie Spice Smoothie**



**Breakfast potatoes**  
(1 cup vegetables)

¼ cup Yoplait® ParfaitPro® Reduced Sugar Yogurt Vanilla  
¼ cup Applesauce  
½ cup Apple juice & Apple pie spice mix



**Milk**  
(1 cup)

# Crispy Chicken Combo



**Pillsbury™ Mini Cinnis™ Cinnamon**  
(2 oz. equivalent grain)



**Chicken Tenders**  
(2 meat alternate)



**Lettuce & salsa**  
(1 cup vegetables)



**Apple slices**  
(1 cup fruit)



**Milk**  
(1 cup)

GRAIN



MEAT  
ALTERNATE



FRUIT &  
VEGGIES



MILK

PRODUCT UPC	PRODUCT DESCRIPTION	CASE/PACK	MEAL PATTERN CONTRIBUTION
<b>SHELF STABLE</b>			
Cup Cereal:			
100-16000-17262-0	Blueberry Chex™ Cereal Single Serve	60/2 oz	2 oz eq grains
100-16000-14883-0	Cinnamon Chex™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-18448-7	Honey Cheerios™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-19567-4	25% Less Sugar Trix™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-14886-1	25% Less Sugar Cinnamon Toast Crunch™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-14885-4	25% Less Sugar Cocoa Puffs™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-28932-1	Cinnamon Toast Crunch™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-14882-3	Honey Nut Cheerios™ Cup Cereal	60/2 oz	2 oz eq grains
100-16000-14884-7	Lucky Charms™ Cup Cereal	60/2 oz	2 oz eq grains
Bowlpak Cereal			
100-16000-31879-0	Apple Cinnamon Cheerios™	96/1 oz	1 oz eq grains
100-16000-32262-9	Cheerios™	96/1 oz	1 oz eq grains
100-16000-38387-3	Cinnamon Chex™	96/1 oz	1 oz eq grains
100-16000-11815-4	Cinnamon Toast Crunch™	96/1 oz	1 oz eq grains
100-16000-29444-5	25% Less Sugar Cinnamon Toast Crunch™	96/1 oz	1 oz eq grains
100-16000-33213-3	Corn Chex™	96/1 oz	1 oz eq grains
100-16000-31888-2	25% Less Sugar Cocoa Puffs™	96/1.06 oz	1 oz eq grains
100-16000-11768-3	Frosted Corn Flakes™	96/1 oz	1 oz eq grains
100-16000-18446-3	Blueberry Chex™	96/1 oz	1 oz eq grains
100-16000-18447-0	Honey Cheerios™	96/1 oz	1 oz eq grains
100-16000-11943-4	Golden Grahams™	96/1 oz	1 oz eq grains
100-16000-11918-2	Honey Nut Cheerios™	96/1 oz	1 oz eq grains
100-16000-11866-6	Honey Nut Chex™	96/1.13 oz	1 oz eq grains
100-16000-11942-7	Kix™	96/.625 oz	0.5 oz eq grains
100-16000-31917-9	Lucky Charms™	96/1 oz	1 oz eq grains
100-16000-32263-6	Multi Grain Cheerios™	96/1 oz	1 oz eq grains
100-16000-31919-3	Reese's Puffs™	96/1 oz	1 oz eq grains
100-16000-31921-6	Rice Chex™	96/1 oz	1 oz eq grains
100-16000-12392-9	Total Raisin Bran™	96/1.19 oz	1 oz eq grains
100-16000-31922-3	25% Less Sugar Trix™	96/1 oz	1 oz eq grains
Nature Valley Crisps			
100-16000-48256-9	Nature Valley™ Crisps Cinnamon	120/1.2 oz	1 oz eq grains
100-16000-48255-2	Nature Valley™ Crisps Chocolate Chip	120/1.2 oz	1 oz eq grains
Cereal Bars			
100-16000-45576-1	Cinnamon Toast Crunch™	96/1.42 oz	1 oz eq grains
100-16000-45577-8	Cocoa Puffs™	96/1.42 oz	1 oz eq grains
100-16000-31914-8	Team Cheerios™ Strawberry	96/1.42 oz	1 oz eq grains

PRODUCT UPC	PRODUCT DESCRIPTION	CASE/PACK	MEAL PATTERN CONTRIBUTION
Cereal Bars (cont'd)			
100-16000-31915-5	Trix™	96/1.42 oz	1 oz eq grains
100-16000-31913-1	Golden Grahams™	96/1.42 oz	1 oz eq grains
100-16000-20688-2	Cocoa Puffs™	48/2.5 oz	2 oz eq grains
100-16000-16854-8	Cinnamon Toast Crunch™	48/2.5 oz	2 oz eq grains
100-16000-16853-1	Lucky Charms™	48/2.5 oz	2 oz eq grains
Betty Crocker Oatmeal Bars			
100-16000-45976-9	Betty Crocker™ Oatmeal Bar Butterscotch	144/1.24 oz	1 oz eq grains
100-16000-45977-6	Betty Crocker™ Oatmeal Bar Chocolate Chip	144/1.24 oz	1 oz eq grains
100-16000-45566-2	Betty Crocker™ Oatmeal Bar Double Chocolate	144/1.24 oz	1 oz eq grains
Nature Valley Granola Bars			
100-16000-33530-8	Nature Valley™ Crunchy Oats 'n Honey (Double Bar)	108/1.49 oz	1.25 oz eq grains
100-16000-11582-5	Nature Valley™ Crunchy Oats 'n Honey (Single Bar)	144/0.74 oz	.5 oz eq grains
100-16000-11590-0	Nature Valley™ Chewy Chocolate Chunk	120/0.89 oz	.5 oz eq grains
100-16000-11591-7	Nature Valley™ Chewy Variety Pack	120/0.89 oz	.5 oz eq grains
Chex Cereal Snack Mix			
100-16000-31932-2	Simply Chex™ Cheddar	60/0.92 oz	1 oz eq grains
100-16000-31933-9	Simply Chex™ Chocolate Caramel	60/1.03 oz	1 oz eq grains
100-16000-31937-7	Simply Chex™ Strawberry Yogurt	60/1.03 oz	1 oz eq grains
Annie's Products			
000-13562-00236-8	Annie's™ Bunny Grahams™ Honey	100/1.25 oz	1.25 oz eq grains
000-13562-00237-5	Annie's™ Bunny Grahams™ Friends: Choc, Choc Chip & Honey	100/1.25 oz	1 oz eq grains
100-13562-49828-1	Annie's™ Cheddar Bunnies™ Baked Snack Crackers	100/0.75 oz	1 oz eq grains
INDIVIDUALLY WRAPPED FROZEN GRAIN			
100-16000-17364-1	Nature Valley™ Frozen Soft Oatmeal Round Banana Chocolate Chip	72/2.32 oz	2 oz eq grains
100-16000-17365-8	Nature Valley™ Frozen Soft Oatmeal Round Apple Cinnamon	72/2.32 oz	2 oz eq grains
100-18000-27852-4	Pillsbury™ Frudel™ Apple	72/2.29 oz	2 oz eq grains
100-18000-27851-7	Pillsbury™ Frudel™ Cherry	72/2.29 oz	2 oz eq grains
100-18000-38399-0	Pillsbury™ Mini Bagels Cinnamon Creamy Cheese	72/2.43 oz	2 oz eq grains
100-18000-38413-3	Pillsbury™ Mini Bagels Strawberry Creamy Cheese	72/2.43 oz	2 oz eq grains
100-18000-33686-6	Pillsbury™ Mini Cinnis™	72/2.29 oz	2 oz eq grains
100-18000-13184-3	Pillsbury™ Mini Cinnis™ Caramel	72/2.33 oz	2 oz eq grains
100-18000-37309-0	Pillsbury™ Cinnamon Toast Crunch™ Mini French Toast	72/2.64 oz	2 oz eq grains
100-18000-37308-3	Pillsbury™ Trix™ Mini French Toast	72/2.64 oz	2 oz eq grains
100-18000-32264-7	Pillsbury™ Blueberry Bash™ Mini Waffles	72/2.47 oz	2 oz eq grains
100-18000-32265-4	Pillsbury™ Maple Madness™ Mini Waffles	72/2.47 oz	2 oz eq grains

PRODUCT UPC	PRODUCT DESCRIPTION	CASE/PACK	MEAL PATTERN CONTRIBUTION
<b>INDIVIDUALLY WRAPPED FROZEN GRAIN (CONT'D)</b>			
100-1800-49979-0	Pillsbury™ Filled Crescent™ Chocolate	72/2.29 oz	2 oz eq grains
100-1800-49978-3	Pillsbury™ Filled Crescent™ Grape	72/2.29 oz	2 oz eq grains
100-18000-10978-1	Soft Filled Cinnamon Toast Crunch™ Bar	72/2.36 oz	2 oz eq grains
100-18000-12317-9	Pillsbury™ Frozen Cheesy Pull-Apart Italian Cheeses & Garlic	72/3.88oz	2 oz eq grains
100-18000-12316-2	Pillsbury™ Frozen Cheesy Pull-Apart Southwest Queso Flavored	72/3.88oz	2 oz eq grains

PRODUCT UPC	PRODUCT DESCRIPTION	CASE/PACK	MEAL PATTERN CONTRIBUTION
<b>SINGLE SERVE YOGURT</b>			
100-70470-49295-4	Yoplait® Simply Go-GURT® Strawberry	96/2.0 oz	0.5 meat/meat alternate
100-70470-19592-3	Yoplait® Simply Go-GURT® Mixed Berry	96/2 oz	0.5/meat alternate
000-70470-17725-0	Yoplait® Trix™ Raspberry Rainbow	48/4 oz	1 meat/meat alternate
000-70470-17726-7	Yoplait® Trix™ Strawberry Banana Bash	48/4 oz	1 meat/meat alternate
100-70470-31077-7	Yoplait® Trix™ Triple Cherry	48/4 oz	1 meat/meat alternate
000-70470-17729-8	Yoplait® Original Strawberry/Strawberry Banana	48/4 oz	1 meat/meat alternate
000-70470-17728-1	Yoplait® Original Red Raspberry/Harvest Peach	48/4 oz	1 meat/meat alternate

<b>BULK YOGURT</b>			
100-70470-16632-9	Yoplait® ParfaitPro® Yogurt, Low Fat Vanilla	6/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz
100-70470-16631-2	Yoplait® ParfaitPro® Yogurt, Low Fat Strawberry	6/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz
100-70470-16067-9	Yoplait® ParfaitPro® Yogurt, Low Fat Blueberry	6/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz
100-70470-41167-2	Yoplait® ParfaitPro® Greek Yogurt, Fat Free Vanilla	3/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz
100-70470-20824-1	Yoplait® ParfaitPro® Reduced Sugar Yogurt, Vanilla	6/64 oz	4oz = 1 meat/meat alternate 1 Serv. = 6oz

Find more exciting ways to use these products at [generalmillsfoodservice.com/k12](http://generalmillsfoodservice.com/k12)

